

Hong Kong Swimming Point Score

Short Course 2019-2020

Men

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	20.94	46.08	1:41.92	3:38.18	7:40.17	14:28.46	23.03	49.95	1:51.01
99	1.01	21.15	46.54	1:42.94	3:40.36	7:44.77	14:37.14	23.26	50.45	1:52.12
98	1.02	21.36	47.00	1:43.96	3:42.54	7:49.37	14:45.83	23.49	50.95	1:53.23
97	1.03	21.57	47.46	1:44.98	3:44.73	7:53.98	14:54.51	23.72	51.45	1:54.34
96	1.04	21.78	47.92	1:46.00	3:46.91	7:58.58	15:03.20	23.95	51.95	1:55.45
95	1.05	21.99	48.38	1:47.02	3:49.09	8:03.18	15:11.88	24.18	52.45	1:56.56
94	1.06	22.20	48.84	1:48.04	3:51.27	8:07.78	15:20.57	24.41	52.95	1:57.67
93	1.07	22.41	49.31	1:49.05	3:53.45	8:12.38	15:29.25	24.64	53.45	1:58.78
92	1.08	22.62	49.77	1:50.07	3:55.63	8:16.98	15:37.94	24.87	53.95	1:59.89
91	1.09	22.82	50.23	1:51.09	3:57.82	8:21.59	15:46.62	25.10	54.45	2:01.00
90	1.10	23.03	50.69	1:52.11	4:00.00	8:26.19	15:55.31	25.33	54.95	2:02.11
89	1.11	23.24	51.15	1:53.13	4:02.18	8:30.79	16:03.99	25.56	55.44	2:03.22
88	1.12	23.45	51.61	1:54.15	4:04.36	8:35.39	16:12.68	25.79	55.94	2:04.33
87	1.13	23.66	52.07	1:55.17	4:06.54	8:39.99	16:21.36	26.02	56.44	2:05.44
86	1.14	23.87	52.53	1:56.19	4:08.73	8:44.59	16:30.04	26.25	56.94	2:06.55
85	1.15	24.08	52.99	1:57.21	4:10.91	8:49.20	16:38.73	26.48	57.44	2:07.66
84	1.16	24.29	53.45	1:58.23	4:13.09	8:53.80	16:47.41	26.71	57.94	2:08.77
83	1.17	24.50	53.91	1:59.25	4:15.27	8:58.40	16:56.10	26.95	58.44	2:09.88
82	1.18	24.71	54.37	2:00.27	4:17.45	9:03.00	17:04.78	27.18	58.94	2:10.99
81	1.19	24.92	54.84	2:01.28	4:19.63	9:07.60	17:13.47	27.41	59.44	2:12.10
80	1.20	25.13	55.30	2:02.30	4:21.82	9:12.20	17:22.15	27.64	59.94	2:13.21
79	1.21	25.34	55.76	2:03.32	4:24.00	9:16.81	17:30.84	27.87	1:00.44	2:14.32
78	1.22	25.55	56.22	2:04.34	4:26.18	9:21.41	17:39.52	28.10	1:00.94	2:15.43
77	1.23	25.76	56.68	2:05.36	4:28.36	9:26.01	17:48.21	28.33	1:01.44	2:16.54
76	1.24	25.97	57.14	2:06.38	4:30.54	9:30.61	17:56.89	28.56	1:01.94	2:17.65
75	1.25	26.18	57.60	2:07.40	4:32.73	9:35.21	18:05.58	28.79	1:02.44	2:18.76
74	1.26	26.38	58.06	2:08.42	4:34.91	9:39.81	18:14.26	29.02	1:02.94	2:19.87
73	1.27	26.59	58.52	2:09.44	4:37.09	9:44.42	18:22.94	29.25	1:03.44	2:20.98
72	1.28	26.80	58.98	2:10.46	4:39.27	9:49.02	18:31.63	29.48	1:03.94	2:22.09
71	1.29	27.01	59.44	2:11.48	4:41.45	9:53.62	18:40.31	29.71	1:04.44	2:23.20
70	1.30	27.22	59.90	2:12.50	4:43.63	9:58.22	18:49.00	29.94	1:04.94	2:24.31
69	1.31	27.43	1:00.36	2:13.52	4:45.82	10:02.82	18:57.68	30.17	1:05.43	2:25.42
68	1.32	27.64	1:00.83	2:14.53	4:48.00	10:07.42	19:06.37	30.40	1:05.93	2:26.53
67	1.33	27.85	1:01.29	2:15.55	4:50.18	10:12.03	19:15.05	30.63	1:06.43	2:27.64
66	1.34	28.06	1:01.75	2:16.57	4:52.36	10:16.63	19:23.74	30.86	1:06.93	2:28.75
65	1.35	28.27	1:02.21	2:17.59	4:54.54	10:21.23	19:32.42	31.09	1:07.43	2:29.86
64	1.36	28.48	1:02.67	2:18.61	4:56.72	10:25.83	19:41.11	31.32	1:07.93	2:30.97
63	1.37	28.69	1:03.13	2:19.63	4:58.91	10:30.43	19:49.79	31.55	1:08.43	2:32.08
62	1.38	28.90	1:03.59	2:20.65	5:01.09	10:35.03	19:58.47	31.78	1:08.93	2:33.19
61	1.39	29.11	1:04.05	2:21.67	5:03.27	10:39.64	20:07.16	32.01	1:09.43	2:34.30
60	1.40	29.32	1:04.51	2:22.69	5:05.45	10:44.24	20:15.84	32.24	1:09.93	2:35.41
59	1.41	29.53	1:04.97	2:23.71	5:07.63	10:48.84	20:24.53	32.47	1:10.43	2:36.52
58	1.42	29.73	1:05.43	2:24.73	5:09.82	10:53.44	20:33.21	32.70	1:10.93	2:37.63
57	1.43	29.94	1:05.89	2:25.75	5:12.00	10:58.04	20:41.90	32.93	1:11.43	2:38.74
56	1.44	30.15	1:06.36	2:26.76	5:14.18	11:02.64	20:50.58	33.16	1:11.93	2:39.85
55	1.45	30.36	1:06.82	2:27.78	5:16.36	11:07.25	20:59.27	33.39	1:12.43	2:40.96
54	1.46	30.57	1:07.28	2:28.80	5:18.54	11:11.85	21:07.95	33.62	1:12.93	2:42.07

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	30.78	1:07.74	2:29.82	5:20.72	11:16.45	21:16.64	33.85	1:13.43	2:43.18
52	1.48	30.99	1:08.20	2:30.84	5:22.91	11:21.05	21:25.32	34.08	1:13.93	2:44.29
51	1.49	31.20	1:08.66	2:31.86	5:25.09	11:25.65	21:34.01	34.31	1:14.43	2:45.40
50	1.50	31.41	1:09.12	2:32.88	5:27.27	11:30.26	21:42.69	34.55	1:14.93	2:46.52
49	1.51	31.62	1:09.58	2:33.90	5:29.45	11:34.86	21:51.37	34.78	1:15.42	2:47.63
48	1.52	31.83	1:10.04	2:34.92	5:31.63	11:39.46	22:00.06	35.01	1:15.92	2:48.74
47	1.53	32.04	1:10.50	2:35.94	5:33.82	11:44.06	22:08.74	35.24	1:16.42	2:49.85
46	1.54	32.25	1:10.96	2:36.96	5:36.00	11:48.66	22:17.43	35.47	1:16.92	2:50.96
45	1.55	32.46	1:11.42	2:37.98	5:38.18	11:53.26	22:26.11	35.70	1:17.42	2:52.07
44	1.56	32.67	1:11.88	2:39.00	5:40.36	11:57.87	22:34.80	35.93	1:17.92	2:53.18
43	1.57	32.88	1:12.35	2:40.01	5:42.54	12:02.47	22:43.48	36.16	1:18.42	2:54.29
42	1.58	33.09	1:12.81	2:41.03	5:44.72	12:07.07	22:52.17	36.39	1:18.92	2:55.40
41	1.59	33.29	1:13.27	2:42.05	5:46.91	12:11.67	23:00.85	36.62	1:19.42	2:56.51
40	1.60	33.50	1:13.73	2:43.07	5:49.09	12:16.27	23:09.54	36.85	1:19.92	2:57.62
39	1.61	33.71	1:14.19	2:44.09	5:51.27	12:20.87	23:18.22	37.08	1:20.42	2:58.73
38	1.62	33.92	1:14.65	2:45.11	5:53.45	12:25.48	23:26.91	37.31	1:20.92	2:59.84
37	1.63	34.13	1:15.11	2:46.13	5:55.63	12:30.08	23:35.59	37.54	1:21.42	3:00.95
36	1.64	34.34	1:15.57	2:47.15	5:57.82	12:34.68	23:44.27	37.77	1:21.92	3:02.06
35	1.65	34.55	1:16.03	2:48.17	6:00.00	12:39.28	23:52.96	38.00	1:22.42	3:03.17
34	1.66	34.76	1:16.49	2:49.19	6:02.18	12:43.88	24:01.64	38.23	1:22.92	3:04.28
33	1.67	34.97	1:16.95	2:50.21	6:04.36	12:48.48	24:10.33	38.46	1:23.42	3:05.39
32	1.68	35.18	1:17.41	2:51.23	6:06.54	12:53.09	24:19.01	38.69	1:23.92	3:06.50
31	1.69	35.39	1:17.88	2:52.24	6:08.72	12:57.69	24:27.70	38.92	1:24.42	3:07.61
30	1.70	35.60	1:18.34	2:53.26	6:10.91	13:02.29	24:36.38	39.15	1:24.92	3:08.72
29	1.71	35.81	1:18.80	2:54.28	6:13.09	13:06.89	24:45.07	39.38	1:25.41	3:09.83
28	1.72	36.02	1:19.26	2:55.30	6:15.27	13:11.49	24:53.75	39.61	1:25.91	3:10.94
27	1.73	36.23	1:19.72	2:56.32	6:17.45	13:16.09	25:02.44	39.84	1:26.41	3:12.05
26	1.74	36.44	1:20.18	2:57.34	6:19.63	13:20.70	25:11.12	40.07	1:26.91	3:13.16
25	1.75	36.65	1:20.64	2:58.36	6:21.82	13:25.30	25:19.81	40.30	1:27.41	3:14.27
24	1.76	36.85	1:21.10	2:59.38	6:24.00	13:29.90	25:28.49	40.53	1:27.91	3:15.38
23	1.77	37.06	1:21.56	3:00.40	6:26.18	13:34.50	25:37.17	40.76	1:28.41	3:16.49
22	1.78	37.27	1:22.02	3:01.42	6:28.36	13:39.10	25:45.86	40.99	1:28.91	3:17.60
21	1.79	37.48	1:22.48	3:02.44	6:30.54	13:43.70	25:54.54	41.22	1:29.41	3:18.71
20	1.80	37.69	1:22.94	3:03.46	6:32.72	13:48.31	26:03.23	41.45	1:29.91	3:19.82
19	1.81	37.90	1:23.40	3:04.48	6:34.91	13:52.91	26:11.91	41.68	1:30.41	3:20.93
18	1.82	38.11	1:23.87	3:05.49	6:37.09	13:57.51	26:20.60	41.91	1:30.91	3:22.04
17	1.83	38.32	1:24.33	3:06.51	6:39.27	14:02.11	26:29.28	42.14	1:31.41	3:23.15
16	1.84	38.53	1:24.79	3:07.53	6:41.45	14:06.71	26:37.97	42.38	1:31.91	3:24.26
15	1.85	38.74	1:25.25	3:08.55	6:43.63	14:11.31	26:46.65	42.61	1:32.41	3:25.37
14	1.86	38.95	1:25.71	3:09.57	6:45.81	14:15.92	26:55.34	42.84	1:32.91	3:26.48
13	1.87	39.16	1:26.17	3:10.59	6:48.00	14:20.52	27:04.02	43.07	1:33.41	3:27.59
12	1.88	39.37	1:26.63	3:11.61	6:50.18	14:25.12	27:12.70	43.30	1:33.91	3:28.70
11	1.89	39.58	1:27.09	3:12.63	6:52.36	14:29.72	27:21.39	43.53	1:34.41	3:29.81
10	1.90	39.79	1:27.55	3:13.65	6:54.54	14:34.32	27:30.07	43.76	1:34.91	3:30.92
9	1.91	40.00	1:28.01	3:14.67	6:56.72	14:38.92	27:38.76	43.99	1:35.40	3:32.03
8	1.92	40.20	1:28.47	3:15.69	6:58.91	14:43.53	27:47.44	44.22	1:35.90	3:33.14
7	1.93	40.41	1:28.93	3:16.71	7:01.09	14:48.13	27:56.13	44.45	1:36.40	3:34.25
6	1.94	40.62	1:29.40	3:17.72	7:03.27	14:52.73	28:04.81	44.68	1:36.90	3:35.36
5	1.95	40.83	1:29.86	3:18.74	7:05.45	14:57.33	28:13.50	44.91	1:37.40	3:36.47
4	1.96	41.04	1:30.32	3:19.76	7:07.63	15:01.93	28:22.18	45.14	1:37.90	3:37.58
3	1.97	41.25	1:30.78	3:20.78	7:09.81	15:06.53	28:30.87	45.37	1:38.40	3:38.69
2	1.98	41.46	1:31.24	3:21.80	7:12.00	15:11.14	28:39.55	45.60	1:38.90	3:39.80
1	1.99	41.67	1:31.70	3:22.82	7:14.18	15:15.74	28:48.24	45.83	1:39.40	3:40.91

Hong Kong Swimming Point Score

Short Course 2019-2020

Men

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	26.05	56.52	2:03.84	22.35	49.69	1:51.33	51.15	1:51.64	4:03.58
99	1.01	26.31	57.09	2:05.08	22.57	50.19	1:52.44	51.66	1:52.76	4:06.02
98	1.02	26.57	57.65	2:06.32	22.80	50.68	1:53.56	52.17	1:53.87	4:08.45
97	1.03	26.83	58.22	2:07.56	23.02	51.18	1:54.67	52.68	1:54.99	4:10.89
96	1.04	27.09	58.78	2:08.79	23.24	51.68	1:55.78	53.20	1:56.11	4:13.32
95	1.05	27.35	59.35	2:10.03	23.47	52.17	1:56.90	53.71	1:57.22	4:15.76
94	1.06	27.61	59.91	2:11.27	23.69	52.67	1:58.01	54.22	1:58.34	4:18.19
93	1.07	27.87	1:00.48	2:12.51	23.91	53.17	1:59.12	54.73	1:59.45	4:20.63
92	1.08	28.13	1:01.04	2:13.75	24.14	53.67	2:00.24	55.24	2:00.57	4:23.07
91	1.09	28.39	1:01.61	2:14.99	24.36	54.16	2:01.35	55.75	2:01.69	4:25.50
90	1.10	28.66	1:02.17	2:16.22	24.59	54.66	2:02.46	56.27	2:02.80	4:27.94
89	1.11	28.92	1:02.74	2:17.46	24.81	55.16	2:03.58	56.78	2:03.92	4:30.37
88	1.12	29.18	1:03.30	2:18.70	25.03	55.65	2:04.69	57.29	2:05.04	4:32.81
87	1.13	29.44	1:03.87	2:19.94	25.26	56.15	2:05.80	57.80	2:06.15	4:35.25
86	1.14	29.70	1:04.43	2:21.18	25.48	56.65	2:06.92	58.31	2:07.27	4:37.68
85	1.15	29.96	1:05.00	2:22.42	25.70	57.14	2:08.03	58.82	2:08.39	4:40.12
84	1.16	30.22	1:05.56	2:23.65	25.93	57.64	2:09.14	59.33	2:09.50	4:42.55
83	1.17	30.48	1:06.13	2:24.89	26.15	58.14	2:10.26	59.85	2:10.62	4:44.99
82	1.18	30.74	1:06.69	2:26.13	26.37	58.63	2:11.37	1:00.36	2:11.74	4:47.42
81	1.19	31.00	1:07.26	2:27.37	26.60	59.13	2:12.48	1:00.87	2:12.85	4:49.86
80	1.20	31.26	1:07.82	2:28.61	26.82	59.63	2:13.60	1:01.38	2:13.97	4:52.30
79	1.21	31.52	1:08.39	2:29.85	27.04	1:00.12	2:14.71	1:01.89	2:15.08	4:54.73
78	1.22	31.78	1:08.95	2:31.08	27.27	1:00.62	2:15.82	1:02.40	2:16.20	4:57.17
77	1.23	32.04	1:09.52	2:32.32	27.49	1:01.12	2:16.94	1:02.91	2:17.32	4:59.60
76	1.24	32.30	1:10.08	2:33.56	27.71	1:01.62	2:18.05	1:03.43	2:18.43	5:02.04
75	1.25	32.56	1:10.65	2:34.80	27.94	1:02.11	2:19.16	1:03.94	2:19.55	5:04.48
74	1.26	32.82	1:11.22	2:36.04	28.16	1:02.61	2:20.28	1:04.45	2:20.67	5:06.91
73	1.27	33.08	1:11.78	2:37.28	28.38	1:03.11	2:21.39	1:04.96	2:21.78	5:09.35
72	1.28	33.34	1:12.35	2:38.52	28.61	1:03.60	2:22.50	1:05.47	2:22.90	5:11.78
71	1.29	33.60	1:12.91	2:39.75	28.83	1:04.10	2:23.62	1:05.98	2:24.02	5:14.22
70	1.30	33.87	1:13.48	2:40.99	29.06	1:04.60	2:24.73	1:06.50	2:25.13	5:16.65
69	1.31	34.13	1:14.04	2:42.23	29.28	1:05.09	2:25.84	1:07.01	2:26.25	5:19.09
68	1.32	34.39	1:14.61	2:43.47	29.50	1:05.59	2:26.96	1:07.52	2:27.36	5:21.53
67	1.33	34.65	1:15.17	2:44.71	29.73	1:06.09	2:28.07	1:08.03	2:28.48	5:23.96
66	1.34	34.91	1:15.74	2:45.95	29.95	1:06.58	2:29.18	1:08.54	2:29.60	5:26.40
65	1.35	35.17	1:16.30	2:47.18	30.17	1:07.08	2:30.30	1:09.05	2:30.71	5:28.83
64	1.36	35.43	1:16.87	2:48.42	30.40	1:07.58	2:31.41	1:09.56	2:31.83	5:31.27
63	1.37	35.69	1:17.43	2:49.66	30.62	1:08.08	2:32.52	1:10.08	2:32.95	5:33.70
62	1.38	35.95	1:18.00	2:50.90	30.84	1:08.57	2:33.64	1:10.59	2:34.06	5:36.14
61	1.39	36.21	1:18.56	2:52.14	31.07	1:09.07	2:34.75	1:11.10	2:35.18	5:38.58
60	1.40	36.47	1:19.13	2:53.38	31.29	1:09.57	2:35.86	1:11.61	2:36.30	5:41.01
59	1.41	36.73	1:19.69	2:54.61	31.51	1:10.06	2:36.98	1:12.12	2:37.41	5:43.45
58	1.42	36.99	1:20.26	2:55.85	31.74	1:10.56	2:38.09	1:12.63	2:38.53	5:45.88
57	1.43	37.25	1:20.82	2:57.09	31.96	1:11.06	2:39.20	1:13.14	2:39.65	5:48.32
56	1.44	37.51	1:21.39	2:58.33	32.18	1:11.55	2:40.32	1:13.66	2:40.76	5:50.76
55	1.45	37.77	1:21.95	2:59.57	32.41	1:12.05	2:41.43	1:14.17	2:41.88	5:53.19
54	1.46	38.03	1:22.52	3:00.81	32.63	1:12.55	2:42.54	1:14.68	2:42.99	5:55.63

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	38.29	1:23.08	3:02.04	32.85	1:13.04	2:43.66	1:15.19	2:44.11	5:58.06
52	1.48	38.55	1:23.65	3:03.28	33.08	1:13.54	2:44.77	1:15.70	2:45.23	6:00.50
51	1.49	38.81	1:24.21	3:04.52	33.30	1:14.04	2:45.88	1:16.21	2:46.34	6:02.93
50	1.50	39.08	1:24.78	3:05.76	33.53	1:14.54	2:47.00	1:16.73	2:47.46	6:05.37
49	1.51	39.34	1:25.35	3:07.00	33.75	1:15.03	2:48.11	1:17.24	2:48.58	6:07.81
48	1.52	39.60	1:25.91	3:08.24	33.97	1:15.53	2:49.22	1:17.75	2:49.69	6:10.24
47	1.53	39.86	1:26.48	3:09.48	34.20	1:16.03	2:50.33	1:18.26	2:50.81	6:12.68
46	1.54	40.12	1:27.04	3:10.71	34.42	1:16.52	2:51.45	1:18.77	2:51.93	6:15.11
45	1.55	40.38	1:27.61	3:11.95	34.64	1:17.02	2:52.56	1:19.28	2:53.04	6:17.55
44	1.56	40.64	1:28.17	3:13.19	34.87	1:17.52	2:53.67	1:19.79	2:54.16	6:19.98
43	1.57	40.90	1:28.74	3:14.43	35.09	1:18.01	2:54.79	1:20.31	2:55.27	6:22.42
42	1.58	41.16	1:29.30	3:15.67	35.31	1:18.51	2:55.90	1:20.82	2:56.39	6:24.86
41	1.59	41.42	1:29.87	3:16.91	35.54	1:19.01	2:57.01	1:21.33	2:57.51	6:27.29
40	1.60	41.68	1:30.43	3:18.14	35.76	1:19.50	2:58.13	1:21.84	2:58.62	6:29.73
39	1.61	41.94	1:31.00	3:19.38	35.98	1:20.00	2:59.24	1:22.35	2:59.74	6:32.16
38	1.62	42.20	1:31.56	3:20.62	36.21	1:20.50	3:00.35	1:22.86	3:00.86	6:34.60
37	1.63	42.46	1:32.13	3:21.86	36.43	1:20.99	3:01.47	1:23.37	3:01.97	6:37.04
36	1.64	42.72	1:32.69	3:23.10	36.65	1:21.49	3:02.58	1:23.89	3:03.09	6:39.47
35	1.65	42.98	1:33.26	3:24.34	36.88	1:21.99	3:03.69	1:24.40	3:04.21	6:41.91
34	1.66	43.24	1:33.82	3:25.57	37.10	1:22.49	3:04.81	1:24.91	3:05.32	6:44.34
33	1.67	43.50	1:34.39	3:26.81	37.32	1:22.98	3:05.92	1:25.42	3:06.44	6:46.78
32	1.68	43.76	1:34.95	3:28.05	37.55	1:23.48	3:07.03	1:25.93	3:07.56	6:49.21
31	1.69	44.02	1:35.52	3:29.29	37.77	1:23.98	3:08.15	1:26.44	3:08.67	6:51.65
30	1.70	44.29	1:36.08	3:30.53	38.00	1:24.47	3:09.26	1:26.96	3:09.79	6:54.09
29	1.71	44.55	1:36.65	3:31.77	38.22	1:24.97	3:10.37	1:27.47	3:10.90	6:56.52
28	1.72	44.81	1:37.21	3:33.00	38.44	1:25.47	3:11.49	1:27.98	3:12.02	6:58.96
27	1.73	45.07	1:37.78	3:34.24	38.67	1:25.96	3:12.60	1:28.49	3:13.14	7:01.39
26	1.74	45.33	1:38.34	3:35.48	38.89	1:26.46	3:13.71	1:29.00	3:14.25	7:03.83
25	1.75	45.59	1:38.91	3:36.72	39.11	1:26.96	3:14.83	1:29.51	3:15.37	7:06.27
24	1.76	45.85	1:39.48	3:37.96	39.34	1:27.45	3:15.94	1:30.02	3:16.49	7:08.70
23	1.77	46.11	1:40.04	3:39.20	39.56	1:27.95	3:17.05	1:30.54	3:17.60	7:11.14
22	1.78	46.37	1:40.61	3:40.44	39.78	1:28.45	3:18.17	1:31.05	3:18.72	7:13.57
21	1.79	46.63	1:41.17	3:41.67	40.01	1:28.95	3:19.28	1:31.56	3:19.84	7:16.01
20	1.80	46.89	1:41.74	3:42.91	40.23	1:29.44	3:20.39	1:32.07	3:20.95	7:18.44
19	1.81	47.15	1:42.30	3:44.15	40.45	1:29.94	3:21.51	1:32.58	3:22.07	7:20.88
18	1.82	47.41	1:42.87	3:45.39	40.68	1:30.44	3:22.62	1:33.09	3:23.18	7:23.32
17	1.83	47.67	1:43.43	3:46.63	40.90	1:30.93	3:23.73	1:33.60	3:24.30	7:25.75
16	1.84	47.93	1:44.00	3:47.87	41.12	1:31.43	3:24.85	1:34.12	3:25.42	7:28.19
15	1.85	48.19	1:44.56	3:49.10	41.35	1:31.93	3:25.96	1:34.63	3:26.53	7:30.62
14	1.86	48.45	1:45.13	3:50.34	41.57	1:32.42	3:27.07	1:35.14	3:27.65	7:33.06
13	1.87	48.71	1:45.69	3:51.58	41.79	1:32.92	3:28.19	1:35.65	3:28.77	7:35.49
12	1.88	48.97	1:46.26	3:52.82	42.02	1:33.42	3:29.30	1:36.16	3:29.88	7:37.93
11	1.89	49.23	1:46.82	3:54.06	42.24	1:33.91	3:30.41	1:36.67	3:31.00	7:40.37
10	1.90	49.50	1:47.39	3:55.30	42.47	1:34.41	3:31.53	1:37.19	3:32.12	7:42.80
9	1.91	49.76	1:47.95	3:56.53	42.69	1:34.91	3:32.64	1:37.70	3:33.23	7:45.24
8	1.92	50.02	1:48.52	3:57.77	42.91	1:35.40	3:33.75	1:38.21	3:34.35	7:47.67
7	1.93	50.28	1:49.08	3:59.01	43.14	1:35.90	3:34.87	1:38.72	3:35.47	7:50.11
6	1.94	50.54	1:49.65	4:00.25	43.36	1:36.40	3:35.98	1:39.23	3:36.58	7:52.55
5	1.95	50.80	1:50.21	4:01.49	43.58	1:36.90	3:37.09	1:39.74	3:37.70	7:54.98
4	1.96	51.06	1:50.78	4:02.73	43.81	1:37.39	3:38.21	1:40.25	3:38.81	7:57.42
3	1.97	51.32	1:51.34	4:03.96	44.03	1:37.89	3:39.32	1:40.77	3:39.93	7:59.85
2	1.98	51.58	1:51.91	4:05.20	44.25	1:38.39	3:40.43	1:41.28	3:41.05	8:02.29
1	1.99	51.84	1:52.47	4:06.44	44.48	1:38.88	3:41.55	1:41.79	3:42.16	8:04.72

Hong Kong Swimming Point Score

Short Course 2019-2020

Women

Score	%	Freestyle						Backstroke		
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
100	1.00	23.90	51.72	1:52.97	3:57.84	8:08.08	15:55.76	26.15	56.18	2:02.11
99	1.01	24.14	52.24	1:54.10	4:00.22	8:12.96	16:05.32	26.41	56.74	2:03.33
98	1.02	24.38	52.75	1:55.23	4:02.60	8:17.84	16:14.88	26.67	57.30	2:04.55
97	1.03	24.62	53.27	1:56.36	4:04.98	8:22.72	16:24.43	26.93	57.87	2:05.77
96	1.04	24.86	53.79	1:57.49	4:07.35	8:27.60	16:33.99	27.20	58.43	2:06.99
95	1.05	25.10	54.31	1:58.62	4:09.73	8:32.48	16:43.55	27.46	58.99	2:08.22
94	1.06	25.33	54.82	1:59.75	4:12.11	8:37.36	16:53.11	27.72	59.55	2:09.44
93	1.07	25.57	55.34	2:00.88	4:14.49	8:42.25	17:02.66	27.98	1:00.11	2:10.66
92	1.08	25.81	55.86	2:02.01	4:16.87	8:47.13	17:12.22	28.24	1:00.67	2:11.88
91	1.09	26.05	56.37	2:03.14	4:19.25	8:52.01	17:21.78	28.50	1:01.24	2:13.10
90	1.10	26.29	56.89	2:04.27	4:21.62	8:56.89	17:31.34	28.77	1:01.80	2:14.32
89	1.11	26.53	57.41	2:05.40	4:24.00	9:01.77	17:40.89	29.03	1:02.36	2:15.54
88	1.12	26.77	57.93	2:06.53	4:26.38	9:06.65	17:50.45	29.29	1:02.92	2:16.76
87	1.13	27.01	58.44	2:07.66	4:28.76	9:11.53	18:00.01	29.55	1:03.48	2:17.98
86	1.14	27.25	58.96	2:08.79	4:31.14	9:16.41	18:09.57	29.81	1:04.05	2:19.21
85	1.15	27.49	59.48	2:09.92	4:33.52	9:21.29	18:19.12	30.07	1:04.61	2:20.43
84	1.16	27.72	1:00.00	2:11.05	4:35.89	9:26.17	18:28.68	30.33	1:05.17	2:21.65
83	1.17	27.96	1:00.51	2:12.17	4:38.27	9:31.05	18:38.24	30.60	1:05.73	2:22.87
82	1.18	28.20	1:01.03	2:13.30	4:40.65	9:35.93	18:47.80	30.86	1:06.29	2:24.09
81	1.19	28.44	1:01.55	2:14.43	4:43.03	9:40.82	18:57.35	31.12	1:06.85	2:25.31
80	1.20	28.68	1:02.06	2:15.56	4:45.41	9:45.70	19:06.91	31.38	1:07.42	2:26.53
79	1.21	28.92	1:02.58	2:16.69	4:47.79	9:50.58	19:16.47	31.64	1:07.98	2:27.75
78	1.22	29.16	1:03.10	2:17.82	4:50.16	9:55.46	19:26.03	31.90	1:08.54	2:28.97
77	1.23	29.40	1:03.62	2:18.95	4:52.54	10:00.34	19:35.58	32.16	1:09.10	2:30.20
76	1.24	29.64	1:04.13	2:20.08	4:54.92	10:05.22	19:45.14	32.43	1:09.66	2:31.42
75	1.25	29.88	1:04.65	2:21.21	4:57.30	10:10.10	19:54.70	32.69	1:10.23	2:32.64
74	1.26	30.11	1:05.17	2:22.34	4:59.68	10:14.98	20:04.26	32.95	1:10.79	2:33.86
73	1.27	30.35	1:05.68	2:23.47	5:02.06	10:19.86	20:13.82	33.21	1:11.35	2:35.08
72	1.28	30.59	1:06.20	2:24.60	5:04.44	10:24.74	20:23.37	33.47	1:11.91	2:36.30
71	1.29	30.83	1:06.72	2:25.73	5:06.81	10:29.62	20:32.93	33.73	1:12.47	2:37.52
70	1.30	31.07	1:07.24	2:26.86	5:09.19	10:34.50	20:42.49	34.00	1:13.03	2:38.74
69	1.31	31.31	1:07.75	2:27.99	5:11.57	10:39.38	20:52.05	34.26	1:13.60	2:39.96
68	1.32	31.55	1:08.27	2:29.12	5:13.95	10:44.27	21:01.60	34.52	1:14.16	2:41.19
67	1.33	31.79	1:08.79	2:30.25	5:16.33	10:49.15	21:11.16	34.78	1:14.72	2:42.41
66	1.34	32.03	1:09.30	2:31.38	5:18.71	10:54.03	21:20.72	35.04	1:15.28	2:43.63
65	1.35	32.27	1:09.82	2:32.51	5:21.08	10:58.91	21:30.28	35.30	1:15.84	2:44.85
64	1.36	32.50	1:10.34	2:33.64	5:23.46	11:03.79	21:39.83	35.56	1:16.40	2:46.07
63	1.37	32.74	1:10.86	2:34.77	5:25.84	11:08.67	21:49.39	35.83	1:16.97	2:47.29
62	1.38	32.98	1:11.37	2:35.90	5:28.22	11:13.55	21:58.95	36.09	1:17.53	2:48.51
61	1.39	33.22	1:11.89	2:37.03	5:30.60	11:18.43	22:08.51	36.35	1:18.09	2:49.73
60	1.40	33.46	1:12.41	2:38.16	5:32.98	11:23.31	22:18.06	36.61	1:18.65	2:50.95
59	1.41	33.70	1:12.93	2:39.29	5:35.35	11:28.19	22:27.62	36.87	1:19.21	2:52.18
58	1.42	33.94	1:13.44	2:40.42	5:37.73	11:33.07	22:37.18	37.13	1:19.78	2:53.40
57	1.43	34.18	1:13.96	2:41.55	5:40.11	11:37.95	22:46.74	37.39	1:20.34	2:54.62
56	1.44	34.42	1:14.48	2:42.68	5:42.49	11:42.84	22:56.29	37.66	1:20.90	2:55.84
55	1.45	34.66	1:14.99	2:43.81	5:44.87	11:47.72	23:05.85	37.92	1:21.46	2:57.06
54	1.46	34.89	1:15.51	2:44.94	5:47.25	11:52.60	23:15.41	38.18	1:22.02	2:58.28

Score	%	Freestyle					Backstroke			
		50m	100m	200m	400m	800m	1500m	50m	100m	200m
53	1.47	35.13	1:16.03	2:46.07	5:49.62	11:57.48	23:24.97	38.44	1:22.58	2:59.50
52	1.48	35.37	1:16.55	2:47.20	5:52.00	12:02.36	23:34.52	38.70	1:23.15	3:00.72
51	1.49	35.61	1:17.06	2:48.33	5:54.38	12:07.24	23:44.08	38.96	1:23.71	3:01.94
50	1.50	35.85	1:17.58	2:49.46	5:56.76	12:12.12	23:53.64	39.23	1:24.27	3:03.16
49	1.51	36.09	1:18.10	2:50.58	5:59.14	12:17.00	24:03.20	39.49	1:24.83	3:04.39
48	1.52	36.33	1:18.61	2:51.71	6:01.52	12:21.88	24:12.76	39.75	1:25.39	3:05.61
47	1.53	36.57	1:19.13	2:52.84	6:03.90	12:26.76	24:22.31	40.01	1:25.96	3:06.83
46	1.54	36.81	1:19.65	2:53.97	6:06.27	12:31.64	24:31.87	40.27	1:26.52	3:08.05
45	1.55	37.05	1:20.17	2:55.10	6:08.65	12:36.52	24:41.43	40.53	1:27.08	3:09.27
44	1.56	37.28	1:20.68	2:56.23	6:11.03	12:41.40	24:50.99	40.79	1:27.64	3:10.49
43	1.57	37.52	1:21.20	2:57.36	6:13.41	12:46.29	25:00.54	41.06	1:28.20	3:11.71
42	1.58	37.76	1:21.72	2:58.49	6:15.79	12:51.17	25:10.10	41.32	1:28.76	3:12.93
41	1.59	38.00	1:22.23	2:59.62	6:18.17	12:56.05	25:19.66	41.58	1:29.33	3:14.15
40	1.60	38.24	1:22.75	3:00.75	6:20.54	13:00.93	25:29.22	41.84	1:29.89	3:15.38
39	1.61	38.48	1:23.27	3:01.88	6:22.92	13:05.81	25:38.77	42.10	1:30.45	3:16.60
38	1.62	38.72	1:23.79	3:03.01	6:25.30	13:10.69	25:48.33	42.36	1:31.01	3:17.82
37	1.63	38.96	1:24.30	3:04.14	6:27.68	13:15.57	25:57.89	42.62	1:31.57	3:19.04
36	1.64	39.20	1:24.82	3:05.27	6:30.06	13:20.45	26:07.45	42.89	1:32.14	3:20.26
35	1.65	39.44	1:25.34	3:06.40	6:32.44	13:25.33	26:17.00	43.15	1:32.70	3:21.48
34	1.66	39.67	1:25.86	3:07.53	6:34.81	13:30.21	26:26.56	43.41	1:33.26	3:22.70
33	1.67	39.91	1:26.37	3:08.66	6:37.19	13:35.09	26:36.12	43.67	1:33.82	3:23.92
32	1.68	40.15	1:26.89	3:09.79	6:39.57	13:39.97	26:45.68	43.93	1:34.38	3:25.14
31	1.69	40.39	1:27.41	3:10.92	6:41.95	13:44.86	26:55.23	44.19	1:34.94	3:26.37
30	1.70	40.63	1:27.92	3:12.05	6:44.33	13:49.74	27:04.79	44.46	1:35.51	3:27.59
29	1.71	40.87	1:28.44	3:13.18	6:46.71	13:54.62	27:14.35	44.72	1:36.07	3:28.81
28	1.72	41.11	1:28.96	3:14.31	6:49.08	13:59.50	27:23.91	44.98	1:36.63	3:30.03
27	1.73	41.35	1:29.48	3:15.44	6:51.46	14:04.38	27:33.46	45.24	1:37.19	3:31.25
26	1.74	41.59	1:29.99	3:16.57	6:53.84	14:09.26	27:43.02	45.50	1:37.75	3:32.47
25	1.75	41.83	1:30.51	3:17.70	6:56.22	14:14.14	27:52.58	45.76	1:38.32	3:33.69
24	1.76	42.06	1:31.03	3:18.83	6:58.60	14:19.02	28:02.14	46.02	1:38.88	3:34.91
23	1.77	42.30	1:31.54	3:19.96	7:00.98	14:23.90	28:11.70	46.29	1:39.44	3:36.13
22	1.78	42.54	1:32.06	3:21.09	7:03.36	14:28.78	28:21.25	46.55	1:40.00	3:37.36
21	1.79	42.78	1:32.58	3:22.22	7:05.73	14:33.66	28:30.81	46.81	1:40.56	3:38.58
20	1.80	43.02	1:33.10	3:23.35	7:08.11	14:38.54	28:40.37	47.07	1:41.12	3:39.80
19	1.81	43.26	1:33.61	3:24.48	7:10.49	14:43.42	28:49.93	47.33	1:41.69	3:41.02
18	1.82	43.50	1:34.13	3:25.61	7:12.87	14:48.31	28:59.48	47.59	1:42.25	3:42.24
17	1.83	43.74	1:34.65	3:26.74	7:15.25	14:53.19	29:09.04	47.85	1:42.81	3:43.46
16	1.84	43.98	1:35.16	3:27.86	7:17.63	14:58.07	29:18.60	48.12	1:43.37	3:44.68
15	1.85	44.22	1:35.68	3:28.99	7:20.00	15:02.95	29:28.16	48.38	1:43.93	3:45.90
14	1.86	44.45	1:36.20	3:30.12	7:22.38	15:07.83	29:37.71	48.64	1:44.49	3:47.12
13	1.87	44.69	1:36.72	3:31.25	7:24.76	15:12.71	29:47.27	48.90	1:45.06	3:48.35
12	1.88	44.93	1:37.23	3:32.38	7:27.14	15:17.59	29:56.83	49.16	1:45.62	3:49.57
11	1.89	45.17	1:37.75	3:33.51	7:29.52	15:22.47	30:06.39	49.42	1:46.18	3:50.79
10	1.90	45.41	1:38.27	3:34.64	7:31.90	15:27.35	30:15.94	49.69	1:46.74	3:52.01
9	1.91	45.65	1:38.79	3:35.77	7:34.27	15:32.23	30:25.50	49.95	1:47.30	3:53.23
8	1.92	45.89	1:39.30	3:36.90	7:36.65	15:37.11	30:35.06	50.21	1:47.87	3:54.45
7	1.93	46.13	1:39.82	3:38.03	7:39.03	15:41.99	30:44.62	50.47	1:48.43	3:55.67
6	1.94	46.37	1:40.34	3:39.16	7:41.41	15:46.88	30:54.17	50.73	1:48.99	3:56.89
5	1.95	46.61	1:40.85	3:40.29	7:43.79	15:51.76	31:03.73	50.99	1:49.55	3:58.11
4	1.96	46.84	1:41.37	3:41.42	7:46.17	15:56.64	31:13.29	51.25	1:50.11	3:59.34
3	1.97	47.08	1:41.89	3:42.55	7:48.54	16:01.52	31:22.85	51.52	1:50.67	4:00.56
2	1.98	47.32	1:42.41	3:43.68	7:50.92	16:06.40	31:32.40	51.78	1:51.24	4:01.78
1	1.99	47.56	1:42.92	3:44.81	7:53.30	16:11.28	31:41.96	52.04	1:51.80	4:03.00

Hong Kong Swimming Point Score

Short Course 2019-2020

Women

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
100	1.00	29.77	1:04.11	2:17.93	25.06	55.95	2:03.04	58.45	2:05.28	4:27.22
99	1.01	30.07	1:04.75	2:19.31	25.31	56.51	2:04.27	59.03	2:06.53	4:29.89
98	1.02	30.37	1:05.39	2:20.69	25.56	57.07	2:05.50	59.62	2:07.79	4:32.56
97	1.03	30.66	1:06.03	2:22.07	25.81	57.63	2:06.73	1:00.20	2:09.04	4:35.24
96	1.04	30.96	1:06.67	2:23.45	26.06	58.19	2:07.96	1:00.79	2:10.29	4:37.91
95	1.05	31.26	1:07.32	2:24.83	26.31	58.75	2:09.19	1:01.37	2:11.54	4:40.58
94	1.06	31.56	1:07.96	2:26.21	26.56	59.31	2:10.42	1:01.96	2:12.80	4:43.25
93	1.07	31.85	1:08.60	2:27.59	26.81	59.87	2:11.65	1:02.54	2:14.05	4:45.93
92	1.08	32.15	1:09.24	2:28.96	27.06	1:00.43	2:12.88	1:03.13	2:15.30	4:48.60
91	1.09	32.45	1:09.88	2:30.34	27.32	1:00.99	2:14.11	1:03.71	2:16.56	4:51.27
90	1.10	32.75	1:10.52	2:31.72	27.57	1:01.55	2:15.34	1:04.30	2:17.81	4:53.94
89	1.11	33.04	1:11.16	2:33.10	27.82	1:02.10	2:16.57	1:04.88	2:19.06	4:56.61
88	1.12	33.34	1:11.80	2:34.48	28.07	1:02.66	2:17.80	1:05.46	2:20.31	4:59.29
87	1.13	33.64	1:12.44	2:35.86	28.32	1:03.22	2:19.04	1:06.05	2:21.57	5:01.96
86	1.14	33.94	1:13.09	2:37.24	28.57	1:03.78	2:20.27	1:06.63	2:22.82	5:04.63
85	1.15	34.24	1:13.73	2:38.62	28.82	1:04.34	2:21.50	1:07.22	2:24.07	5:07.30
84	1.16	34.53	1:14.37	2:40.00	29.07	1:04.90	2:22.73	1:07.80	2:25.32	5:09.98
83	1.17	34.83	1:15.01	2:41.38	29.32	1:05.46	2:23.96	1:08.39	2:26.58	5:12.65
82	1.18	35.13	1:15.65	2:42.76	29.57	1:06.02	2:25.19	1:08.97	2:27.83	5:15.32
81	1.19	35.43	1:16.29	2:44.14	29.82	1:06.58	2:26.42	1:09.56	2:29.08	5:17.99
80	1.20	35.72	1:16.93	2:45.52	30.07	1:07.14	2:27.65	1:10.14	2:30.34	5:20.66
79	1.21	36.02	1:17.57	2:46.90	30.32	1:07.70	2:28.88	1:10.72	2:31.59	5:23.34
78	1.22	36.32	1:18.21	2:48.27	30.57	1:08.26	2:30.11	1:11.31	2:32.84	5:26.01
77	1.23	36.62	1:18.86	2:49.65	30.82	1:08.82	2:31.34	1:11.89	2:34.09	5:28.68
76	1.24	36.91	1:19.50	2:51.03	31.07	1:09.38	2:32.57	1:12.48	2:35.35	5:31.35
75	1.25	37.21	1:20.14	2:52.41	31.33	1:09.94	2:33.80	1:13.06	2:36.60	5:34.03
74	1.26	37.51	1:20.78	2:53.79	31.58	1:10.50	2:35.03	1:13.65	2:37.85	5:36.70
73	1.27	37.81	1:21.42	2:55.17	31.83	1:11.06	2:36.26	1:14.23	2:39.11	5:39.37
72	1.28	38.11	1:22.06	2:56.55	32.08	1:11.62	2:37.49	1:14.82	2:40.36	5:42.04
71	1.29	38.40	1:22.70	2:57.93	32.33	1:12.18	2:38.72	1:15.40	2:41.61	5:44.71
70	1.30	38.70	1:23.34	2:59.31	32.58	1:12.74	2:39.95	1:15.99	2:42.86	5:47.39
69	1.31	39.00	1:23.98	3:00.69	32.83	1:13.29	2:41.18	1:16.57	2:44.12	5:50.06
68	1.32	39.30	1:24.63	3:02.07	33.08	1:13.85	2:42.41	1:17.15	2:45.37	5:52.73
67	1.33	39.59	1:25.27	3:03.45	33.33	1:14.41	2:43.64	1:17.74	2:46.62	5:55.40
66	1.34	39.89	1:25.91	3:04.83	33.58	1:14.97	2:44.87	1:18.32	2:47.88	5:58.07
65	1.35	40.19	1:26.55	3:06.21	33.83	1:15.53	2:46.10	1:18.91	2:49.13	6:00.75
64	1.36	40.49	1:27.19	3:07.58	34.08	1:16.09	2:47.33	1:19.49	2:50.38	6:03.42
63	1.37	40.78	1:27.83	3:08.96	34.33	1:16.65	2:48.56	1:20.08	2:51.63	6:06.09
62	1.38	41.08	1:28.47	3:10.34	34.58	1:17.21	2:49.80	1:20.66	2:52.89	6:08.76
61	1.39	41.38	1:29.11	3:11.72	34.83	1:17.77	2:51.03	1:21.25	2:54.14	6:11.44
60	1.40	41.68	1:29.75	3:13.10	35.08	1:18.33	2:52.26	1:21.83	2:55.39	6:14.11
59	1.41	41.98	1:30.40	3:14.48	35.33	1:18.89	2:53.49	1:22.41	2:56.64	6:16.78
58	1.42	42.27	1:31.04	3:15.86	35.59	1:19.45	2:54.72	1:23.00	2:57.90	6:19.45
57	1.43	42.57	1:31.68	3:17.24	35.84	1:20.01	2:55.95	1:23.58	2:59.15	6:22.12
56	1.44	42.87	1:32.32	3:18.62	36.09	1:20.57	2:57.18	1:24.17	3:00.40	6:24.80
55	1.45	43.17	1:32.96	3:20.00	36.34	1:21.13	2:58.41	1:24.75	3:01.66	6:27.47
54	1.46	43.46	1:33.60	3:21.38	36.59	1:21.69	2:59.64	1:25.34	3:02.91	6:30.14

Score	%	Breaststroke			Butterfly			Ind Medley		
		50m	100m	200m	50m	100m	200m	100m	200m	400m
53	1.47	43.76	1:34.24	3:22.76	36.84	1:22.25	3:00.87	1:25.92	3:04.16	6:32.81
52	1.48	44.06	1:34.88	3:24.14	37.09	1:22.81	3:02.10	1:26.51	3:05.41	6:35.49
51	1.49	44.36	1:35.52	3:25.52	37.34	1:23.37	3:03.33	1:27.09	3:06.67	6:38.16
50	1.50	44.66	1:36.17	3:26.90	37.59	1:23.93	3:04.56	1:27.68	3:07.92	6:40.83
49	1.51	44.95	1:36.81	3:28.27	37.84	1:24.48	3:05.79	1:28.26	3:09.17	6:43.50
48	1.52	45.25	1:37.45	3:29.65	38.09	1:25.04	3:07.02	1:28.84	3:10.43	6:46.17
47	1.53	45.55	1:38.09	3:31.03	38.34	1:25.60	3:08.25	1:29.43	3:11.68	6:48.85
46	1.54	45.85	1:38.73	3:32.41	38.59	1:26.16	3:09.48	1:30.01	3:12.93	6:51.52
45	1.55	46.14	1:39.37	3:33.79	38.84	1:26.72	3:10.71	1:30.60	3:14.18	6:54.19
44	1.56	46.44	1:40.01	3:35.17	39.09	1:27.28	3:11.94	1:31.18	3:15.44	6:56.86
43	1.57	46.74	1:40.65	3:36.55	39.34	1:27.84	3:13.17	1:31.77	3:16.69	6:59.54
42	1.58	47.04	1:41.29	3:37.93	39.59	1:28.40	3:14.40	1:32.35	3:17.94	7:02.21
41	1.59	47.33	1:41.93	3:39.31	39.85	1:28.96	3:15.63	1:32.94	3:19.20	7:04.88
40	1.60	47.63	1:42.58	3:40.69	40.10	1:29.52	3:16.86	1:33.52	3:20.45	7:07.55
39	1.61	47.93	1:43.22	3:42.07	40.35	1:30.08	3:18.09	1:34.10	3:21.70	7:10.22
38	1.62	48.23	1:43.86	3:43.45	40.60	1:30.64	3:19.32	1:34.69	3:22.95	7:12.90
37	1.63	48.53	1:44.50	3:44.83	40.85	1:31.20	3:20.56	1:35.27	3:24.21	7:15.57
36	1.64	48.82	1:45.14	3:46.21	41.10	1:31.76	3:21.79	1:35.86	3:25.46	7:18.24
35	1.65	49.12	1:45.78	3:47.58	41.35	1:32.32	3:23.02	1:36.44	3:26.71	7:20.91
34	1.66	49.42	1:46.42	3:48.96	41.60	1:32.88	3:24.25	1:37.03	3:27.96	7:23.59
33	1.67	49.72	1:47.06	3:50.34	41.85	1:33.44	3:25.48	1:37.61	3:29.22	7:26.26
32	1.68	50.01	1:47.70	3:51.72	42.10	1:34.00	3:26.71	1:38.20	3:30.47	7:28.93
31	1.69	50.31	1:48.35	3:53.10	42.35	1:34.56	3:27.94	1:38.78	3:31.72	7:31.60
30	1.70	50.61	1:48.99	3:54.48	42.60	1:35.12	3:29.17	1:39.37	3:32.98	7:34.27
29	1.71	50.91	1:49.63	3:55.86	42.85	1:35.67	3:30.40	1:39.95	3:34.23	7:36.95
28	1.72	51.20	1:50.27	3:57.24	43.10	1:36.23	3:31.63	1:40.53	3:35.48	7:39.62
27	1.73	51.50	1:50.91	3:58.62	43.35	1:36.79	3:32.86	1:41.12	3:36.73	7:42.29
26	1.74	51.80	1:51.55	4:00.00	43.60	1:37.35	3:34.09	1:41.70	3:37.99	7:44.96
25	1.75	52.10	1:52.19	4:01.38	43.86	1:37.91	3:35.32	1:42.29	3:39.24	7:47.64
24	1.76	52.40	1:52.83	4:02.76	44.11	1:38.47	3:36.55	1:42.87	3:40.49	7:50.31
23	1.77	52.69	1:53.47	4:04.14	44.36	1:39.03	3:37.78	1:43.46	3:41.75	7:52.98
22	1.78	52.99	1:54.12	4:05.52	44.61	1:39.59	3:39.01	1:44.04	3:43.00	7:55.65
21	1.79	53.29	1:54.76	4:06.89	44.86	1:40.15	3:40.24	1:44.63	3:44.25	7:58.32
20	1.80	53.59	1:55.40	4:08.27	45.11	1:40.71	3:41.47	1:45.21	3:45.50	8:01.00
19	1.81	53.88	1:56.04	4:09.65	45.36	1:41.27	3:42.70	1:45.79	3:46.76	8:03.67
18	1.82	54.18	1:56.68	4:11.03	45.61	1:41.83	3:43.93	1:46.38	3:48.01	8:06.34
17	1.83	54.48	1:57.32	4:12.41	45.86	1:42.39	3:45.16	1:46.96	3:49.26	8:09.01
16	1.84	54.78	1:57.96	4:13.79	46.11	1:42.95	3:46.39	1:47.55	3:50.52	8:11.68
15	1.85	55.07	1:58.60	4:15.17	46.36	1:43.51	3:47.62	1:48.13	3:51.77	8:14.36
14	1.86	55.37	1:59.24	4:16.55	46.61	1:44.07	3:48.85	1:48.72	3:53.02	8:17.03
13	1.87	55.67	1:59.89	4:17.93	46.86	1:44.63	3:50.08	1:49.30	3:54.27	8:19.70
12	1.88	55.97	2:00.53	4:19.31	47.11	1:45.19	3:51.32	1:49.89	3:55.53	8:22.37
11	1.89	56.27	2:01.17	4:20.69	47.36	1:45.75	3:52.55	1:50.47	3:56.78	8:25.05
10	1.90	56.56	2:01.81	4:22.07	47.61	1:46.31	3:53.78	1:51.06	3:58.03	8:27.72
9	1.91	56.86	2:02.45	4:23.45	47.86	1:46.86	3:55.01	1:51.64	3:59.28	8:30.39
8	1.92	57.16	2:03.09	4:24.83	48.12	1:47.42	3:56.24	1:52.22	4:00.54	8:33.06
7	1.93	57.46	2:03.73	4:26.20	48.37	1:47.98	3:57.47	1:52.81	4:01.79	8:35.73
6	1.94	57.75	2:04.37	4:27.58	48.62	1:48.54	3:58.70	1:53.39	4:03.04	8:38.41
5	1.95	58.05	2:05.01	4:28.96	48.87	1:49.10	3:59.93	1:53.98	4:04.30	8:41.08
4	1.96	58.35	2:05.66	4:30.34	49.12	1:49.66	4:01.16	1:54.56	4:05.55	8:43.75
3	1.97	58.65	2:06.30	4:31.72	49.37	1:50.22	4:02.39	1:55.15	4:06.80	8:46.42
2	1.98	58.94	2:06.94	4:33.10	49.62	1:50.78	4:03.62	1:55.73	4:08.05	8:49.10
1	1.99	59.24	2:07.58	4:34.48	49.87	1:51.34	4:04.85	1:56.32	4:09.31	8:51.77